

The Obesogen Effect: Why We Eat Less and Exercise More but Still Struggle to Lose Weight

Bruce Blumberg , Kristin Loberg (With)

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An eye-opening account of the landmark research into the hidden chemicals that are endangering our health and keeping us fat.

Being overweight is not just the result of too many cheeseburgers or not enough exercise. According to leading-edge science, a new group of silent saboteurs in our daily lives is contributing greatly to our obesity epidemic: obesogens. These weight-inducing offenders, most of which are chemicals, disrupt our hormonal systems, altering how we create and store fat, and changing how we respond to dietary choices and caloric intake. Because they are largely unregulated, obesogens lurk all around us-in food, furniture, plastic products such as water bottles and food storage containers, and other surprising exposure points. Even worse: research has shown that the effects of some obesogens can be passed on to future generations by irreversibly interfering with the expression of our genes. The good news is we can protect ourselves by becoming more informed consumers.

In THE OBESOGEN EFFECT, Dr. Bruce Blumberg explains how obesogens work, where they are found, and how we can minimize their effects. Dr. Blumberg offers a highly practical three-step solution for reducing exposures. He explains why one size does not fit all in a weight loss program, what harmful additives are in our household goods, and how we should shop for obesogen-free items we use every day-from vegetables and meats to canned soup as well as household cleaners, air fresheners, and personal care products. THE OBESOGEN EFFECT is an urgent call to action to protect your body, clean up your life, and set a straight course for better health.

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Amy Lou says

This is a fascinating book about new research into everyday endocrine disruptors in our lives. The first part of the book explains the latest research into obesity and how our environment is shaping our health. The second part of the book explains what to watch for and what we can do to protect our health despite all of the endocrine disruptors in our everyday environment. A pretty quick read.

Written by a professor of endocrinology who stumbled onto this information while conducting other research and has since made it his life's work.

Mandy says

The message in this book is confusing.

PWRL says

SM

J says

Thought provoking! Definitely changing the way I see chemicals.
